



OCTOBER 2022

Saint Francis of Assisi School

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday

284 Chicken Alfredo with Penne Pasta & Broccoli **3**
611 Bagged Baby Carrots
670 Fresh Fruit
908 Dinner Roll

Tuesday

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **4**
632 Wango Mango Vegetable Juice
645 Dole Pineapple Cup
903 Maple Biscuit

Wednesday

290 Spanish Rice & Beans with Plantains **5**
620 Salsa
749 Apple Cherry Juice
941 Tostitos Scoops

Thursday

202 Cheeseburger with Bun **6**
604 Baked Beans
752 Fruit Punch Juice
992 Oatmeal Cookie

Friday

256 Cheese Stuffed Breadsticks **7**
622 Marinara Sauce
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

281 Popcorn Chicken with Roasted Potatoes **10**
611 Bagged Baby Carrots
749 Apple Cherry Juice
990 Chocolate Chip Cookie

215 Taco Stick **11**
620 Salsa
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
941 Tostitos Scoops

280 Hamburger with Green Beans **12**
541 Chocolate Hummus
659 Craisins
932 Cinnamon Scooby Snacks

268 French Bread Pizza **13**
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **14**
632 Wango Mango Vegetable Juice
608 Dole Fruit Cup
915 Hamburger Bun

277 Chicken Fajita Bowl with Brown Rice, Black Beans & Tomatoes **17**
749 Apple Cherry Juice
941 Tostitos Scoops

283 Chicken Fingers with Corn **18**
631 Cherry Star Vegetable Juice
645 Dole Pineapple Cup
992 Oatmeal Cookie

Early Dismissal 11:00 A.M. **19**

274 Toasted Cheese Sandwich **20**
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

Ciabatta Melt Cheese Sandwich **21**
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
670 Fresh Fruit

NO SCHOOL **24**

280 Hamburger with Green Beans **25**
611 Bagged Baby Carrots
750 Apple Juice
915 Hamburger Bun

281 Popcorn Chicken with Roasted Potatoes **26**
541 Chocolate Hummus
749 Apple Cherry Juice
993 Holiday Cookie

264 4x6 Cheese Pizza **27**
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit

215 Taco Stick **29**
620 Salsa
632 Wango Mango Vegetable Juice
670 Fresh Fruit
941 Tostitos Scoops



PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

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Volume 2

**CELEBRATE APPLE
CRUNCH DAY BY
PICKING APPLES AND
SUPPORTING LOCAL
PRODUCE ON
OCTOBER 14**

PRAYER CORNER

Lord, we thank You for the coming of harvest, a time of celebration for the blessings of food and crops. may You keep us safe and warm as the days get colder. AMEN..

WELLNESS CORNER

NDS is also excited to celebrate Healthy halloween celebrations by focusing on our special harvest of the month... **APPLES**

With fall being the perfect month to explore locally grown fruits, NDS encourages you to try apple picking at your nearby farm!

DEAR PARENTS, CAREGIVERS, AND STUDENTS,



With National school lunch week around the corner, NDS is excited to celebrate the healthy and nutritious meals fueling students. we encourage students to celebrate by trying new nutritious foods and share their favorite lunch meals from the school year!



**TRY SOME HEALTHY
HALLOWEEN TREATS
LIKE TANGERINE
PUMPKINS!**